











TODAY

"Grief does not change you (...). It reveals you." — John Green

How I am Feeling Today (Circle or Highlight All That Apply):

 Sad  Angry  Tearful  Numb  Hopeful  Lonely  Peaceful
 Overwhelmed  Reflective  Grateful Other: _____

What Triggered My Feelings Today? (memory, anniversary, interaction, unexpected moment)

How Did I Cope with These Feelings? (Check all that apply & add any personal methods)

- ☐ Talking to someone ☐ Writing/journaling ☐ Meditation/prayer
- ☐ Exercise/movement ☐ Creative outlet (art, music, etc.)
- ☐ Time in nature ☐ Distraction (TV, books, games, etc.)
- ☐ Self-care (bath, rest, good meal, etc.)

Other: _____

What Helped Me Most Today?

What Was Most Difficult?

Affirmation to Carry Forward *I am doing the best I can, and that is enough.*